



## **RACE RULES**

**Parents/Guardians are responsible in reviewing the race rules with their children before they participate in the triathlon. All athletes need to be taught on how to participate safely in all three sport events.**

**All athletes need to pay attention while participating in all three events to notice signage and volunteers providing directions. When cycling, cyclists need to cycle at safe speeds and be alert to see volunteers to safely turn at the turn around points. The same applies to the run course.**

### **General rules**

1. Listen to the race officials and always do as they tell you.
2. Only race officials are allowed to help you during the race.
3. If there is anything that you do not understand, please ASK race officials.
4. No relays or teams.

### **Swimming**

1. Swim in the direction that you are told and try not to get in anyone else's way. Keep to the sides of each lane; do not swim down the middle. When you push off to turn look to make sure another swimmer is not coming down the wrong side of the pool.
2. All participants must be confident swimmers.
3. All participants must be able to swim their designated swim distance.

### **Cycling**

1. Race bib must be pinned at all four corners and on front of shirt.
2. The helmet must be worn securely fastened at all time during the cycle section.
3. Before race day get a parent or cycle shop to check that your bike is safe and in good working order.
4. Athletes should know how to cycle on the W&OD Trail in a safe manner. Stay in lane in a single file line and pass only on the left. Only pass if able to pass safely in the left lane.

### **Running**

1. Make sure your race number is clearly visible to all race officials.
2. Suitable footwear must be worn – NO BARE FEET PERMITTED.
3. Athletes should know how to run on the W&OD Trail in a safe manner. Stay in lane in a single file line and pass only on the left. Only pass if able to pass safely in the left lane.

**Transition areas**

1. Your bicycle, helmet, running shoes, shirt and any essential equipment that you will need in the transition area must only be placed in your allocated space.
2. When you go from swimming to the cycle section, your cycle helmet must be on and securely fastened before picking up your bike. NO cycling within the transition area.
3. When you go from cycling to the run section, you must dismount your cycle before your helmet is unfastened and removed.

**Time Limits**

The race must be completed in 2 hours.

**Refunds**

The Herndon Parks and Recreation Department Refund Policy will be followed for all requested refunds. Please ensure that both parent/guardian and athlete have read and are aware of the rules listed above.

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